

## crisis intervention services

Crisis services are offered to women, men and children of all ages who have been sexually assaulted and to their non-offending family members.

### 24-hour HOTLINE

Callers receive immediate, confidential assistance from specially trained volunteer advocates by calling (909) 626-4357 or (626) 966-4155.

### Information and Referral

Hotline volunteers provide information about reporting an assault and give referrals to other available services in the community.

### Accompaniment Program

Volunteer Advocates are available to provide support and follow-up services to sexual assault or abuse survivors at the hospital, police station, and court appearances.

### Counseling Services

Therapists provide professional counseling to survivors and their non-offending family members at any point after a sexual assault or child abuse event. Many of our counseling clients are coping with sexual assault or abuse that occurred in childhood, but went untreated. The first 10 counseling sessions are free and fees for subsequent sessions are determined on a generous sliding scale based on income and household size.

### Support Group

The support of peers can play an important role in the healing process, so specialized support groups for adults and adolescents are offered. Groups are also available for non-offending family members of sexual assault and abuse survivors.

## Project Sister Family Services Serves the Following Cities and Communities:

Azusa	Glendora	Mt. Baldy	Etiwanda
Inwindsdale	Charter Oak	San Dimas	Rancho Cucamonga
Baldwin Park	La Verne	Claremont	Alta Loma
West Covina	Covina	Pomona	San Antonio Heights
Walnut	Diamond Bar	Industry	Monclair
			Upland
			Ontario
			San Bernardino County
			Chino Hills
			Chino
			Rowland Heights
			Hacienda Heights
			Whittier
			Los Angeles County
			Valinda
			Bessett
			La Puente

### Mailing Address:

PO Box 1369

Pomona, California 91769-1369

### Business Office:

909.623.1619 / 626.915.2535 / 562.789.6000

### Fax Number:

909.622.8389

### 24 Hour Hotline:

909.626.4357 / 626.966.4155

[www.projectsister.org](http://www.projectsister.org)

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FAMILY SERVICES

LEADING FAMILIES TO SAFER FUTURES SINCE 1972

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The California Wellness Foundation

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# Sexual harassment what every teen should know!

## what is sexual harassment?

Any type of unwanted sexual attention, comments, requests for dates, physical touching or other visual, verbal or physical behaviors that is continuously directed toward a person either at school, work or home.

## sexual harassment is...

Against School Policy and  
Against the Law

## effects of sexual harassment

Physical effects may include:

- Headaches
- Stomach aches
- Muscle tension
- Difficulty sleeping
- Loss or gain in weight

Behavioral Effects may Include:

- Sudden drop in grades
- Skipping school

- Anger
- Difficulty concentrating
- Alcohol and/or drug use
- Avoiding events or places

## other forms of harassment

Multimedia harassment

- Spreading rumors on social networking sites
- Mean or hurtful texts, voicemails or messages
- Posting inappropriate pictures
- Sexting

Sexting of illicit photos and messages is illegal.

It can have serious consequences which may include jail time and lifetime registration as a sex offender. If you receive an explicit sext, show it to an adult or an authority, do not forward or keep it, this is considered possession of pornography.

Third person harassment

- Spreading rumors
- Gossiping
- Dirty jokes at the expense of others
- Taunting
- Humiliation

if you harass, these may be some of the consequences...

- Suspension
- Expulsion
- Legal charges
- Damage to reputation
- Loss of friends

what can you do to stop the harassment?

- Tell the person to stop
- Keep track and record everything said and done
- Report the harassment to a parent, teacher or school counselor
- Call Project Sister Family Services

You're not alone. It wasn't your fault.  
We're here to help.